

SOFTBALL OUTFIELDER INTERVAL THROWING PROGRAM

Each phase is designed to increase endurance and strength throughout the progression. Every athlete progresses at different rates; therefore the “soreness rule” is used to prevent overstressing the soft tissue during progression.

1. Each step should be performed 2-3 times with one day rest between each session.
2. If no soreness, advance one step every 2-3 throwing days.
3. If sore during warm-up but soreness is gone within the first 15 throws, repeat the previous workout. If shoulder becomes sore during this workout, stop and take two days off. Upon return to throwing, drop down one step.
4. If sore more than one hour after throwing or the next day, take one day off and repeat the most recent throwing program workout.
5. If sore during warm-up and soreness continues through the first 15 throws stop throwing and take two days off. Upon return to throwing, drop down to previous workout.

It is recommended to be properly warmed up prior to the start of a work-out. A suggested work-out format includes: 10 minute dynamic warm-up (jogging, biking, etc), complete shoulder stretches, and carry out designated throws for the appropriate step, complete peri-scapular strengthening exercises (high rep with low weight), repeat shoulder stretches, and finish with ice. Ice should be applied to the shoulder for 15-20 minutes following each step. Early supervision of the progression by an athletic trainer or rehabilitation professional is recommended.

If you are using this program as a return to throwing program due to an injury or surgery, you are to begin at phase one and progress through each phase.

If you are using this program to prepare for your upcoming season without a recent injury or surgery, you may complete Steps 2, 4, 6 and 8.

Return to Throwing

- All long tosses begin with a crow-hop

Step 1

- Warm-up tosses to 45 ft
- Catch 10 fly balls, throw to cutoff at 45 ft (50% effort)
- 1-2 minutes rest
- Repeat 3 times
- 15 long tosses to 60 ft

Step 2

- Warm-up tosses to 60 ft
- Catch 10 fly balls and throw to cutoff at 60 ft (50% effort)
- 1-2 minutes rest
- Repeat 3 times
- 15 long tosses to 75 ft

Step 3

- Warm up tosses to 75 ft
- Catch 10 fly balls
- Throw to cutoff at 75 ft (50% effort)
- 1-2 minutes rest
- Repeat 3 times
- 15 long tosses to 90 ft

Step 4

- Warm up tosses to 90 ft
- Catch 10 fly balls
- Throw to cutoff at 90 ft (50% effort)
- 1-2 minutes rest
- Repeat 3 times
- 15 long tosses to 120 ft



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Step 5

- Warm up tosses 120 ft
- Catch 10 fly balls
- Throw to cutoff at 120 ft (75% effort)
- 1-2 minute rest
- Repeat 3 times
- 10 long tosses at 100 ft
- 10 long tosses at 120 ft

Step 6

- Warm up tosses to 150 ft
- Catch 10 fly balls
- Throw to cutoff at 150 ft (50% effort)
- 1-2 minutes rest
- Repeat 3 times
- 5 long tosses to 100 ft
- 10 long tosses to 150 ft

Step 7

- Warm up tosses to 150 ft
- Catch 10 fly balls
- Throw to each base at 150 ft (75% effort)
- 1-2 minutes of rest
- Repeat 5 times
- Catch 10 fly balls, throw to each base at 150 ft (50% effort)
- Rest 1-2 minutes
- Repeat 3 times
- 5 long tosses to 150 ft
- 5 long tosses to 160 ft
- 3 long tosses to 180 ft

Step 8

- Stimulated game
- Warm up tosses to 150 ft feet
- Catch 10 fly balls
- Throw to each base at 150 ft (100% effort)
- Rest 1-2 minutes
- Repeat 5 times,
- Catch 10 fly balls, throw to each base at 150 ft (75% effort)
- Rest 1-2 minute rest
- Repeat 5 times